



AFTERCARE SUPPORT SERVICES (Aftercare)

WHAT ARE AFTERCARE SUPPORT SERVICES?

Aftercare Support Services (Aftercare) are services available and provided to a youth and their parents and/or caregivers by a Family Transition Specialist for 6 months after a youth is discharged from a Children's Residential Care Facility (CRCF).

Aftercare includes meetings with the youth and their parents and/or caregivers to offer support. It includes coordinated referrals to community-based services that will set the youth and their parents and/or caregivers up for success following treatment. Services are designed to promote safety and well-being, with the goal of reducing the need for a higher level of care.

WHO IS ELIGIBLE?

A child or youth under the age of 21 with [MaineCare](#) or [Katie Beckett waiver](#) who has been discharged from a Children's Residential Care Facility.

HOW DOES AFTERCARE HELP?

- Aftercare supports youth and their parents and/or caregivers following discharge from CRCF services.
- Aftercare helps youth to use the skills they gained in treatment and apply these skills in their home and community.
- Aftercare is utilized to transition youth from a CRCF to a home environment and help the youth and family build on the treatment gains or progress made in the CRCF setting. It helps parents and/or caregivers and community service providers to understand treatment received at the CRCF including needs, successes and tools that helped the youth be successful.
- Aftercare identifies the needs of the youth and family and coordinates referrals for community-based services and follows up with education and medication planning needs.
- Aftercare allows for other providers to work with the youth and family at the same time such as Home and Community Treatment (HCT), Case Management, etc.
- Aftercare provides teamwork, collaboration, communication, care and support so youth and families can continue to move forward in their growth.

HOW TO GET AFTERCARE SUPPORT SERVICE

When a youth is receiving CRCF services, a Family Transition Specialist from the CRCF will work with the youth, parents, and/or caregivers on a plan for discharge and Aftercare services. Parents and/or caregivers can also ask the CRCF provider about how to receive these services.

CRCF providers are required to provide Aftercare services and families and caregivers are strongly encouraged to take advantage of these supportive services.

Use the QR code to the right or visit the [Children's Behavioral Health Services website](#) for more information about this and other services for youth and families.

